GUARD YOUR GARBAGE PAGE 4

Toronto metro

Your essential daily news | MONDAY, APRIL 6, 2015 High 6°C/Low 1°C Cloudy

DON'T GET SEXY ON TRANSIT: URBAN ETIQUETTE PAGE 17

Sky-high parking prices 'a barrier' to hospital access

HEALTH CARE

Minister vows to 'cap or control' exorbitant fees

When it comes to painful hospital parking fees in Ontario, the doctor is on the case.

Health Minister Eric Hoskins says he will "very soon" have a remedy for the exorbitant charges that ail patients and their visitors alike.

"We're working with the OHA (Ontario Hospital Association). We've been consulting with the patient advocates and other stakeholders to make sure we get this right," said Hoskins, an MD and PhD, at Queen's Park.

"I expect in a very short while we should bring together a policy that will ... effectively address the concerns of Ontarians that rightly should be concerned."

In last June's provincial election, one of the key pledges from Premier Kathleen Wynne's Liberals was to act on the issue.

"We made a platform commitment on the frequent visitors specifically to cap or control," said Hoskins.

"We've been asked to either look at a cap or look at a reduction for those frequent visitors, so we've been working to define what a frequent visitor is," the minister said, admitting that the issue is complicated.

"We want to make sure that that doesn't negatively impact the non-frequent visitors — so they don't just jack up the prices for everybody else," he said.

"A big part of the process was to find out what's going on out there. So we had to reach out to virtually every hospital and find out what they charge and if they do provide exemptions and how much of the revenue toward the hospital is it or does it go to some third party."

"We get a lot of complaints particularly from my riding that have to come to Toronto hospitals," said interim Progressive Conservative Leader Jim Wilson.

"They're shocked at the cost of hospital parking," he said. "The government is going to have to act. It's a barrier to access for a lot of people."

TORSTAR NEWS SERVICE

EASTER BRRRNNY

Keeping warm was almost as important as grabbing some of the 10,000 eggs at the C3 Toronto Second Annual Easter Egg Hunt on Sunday at St. Luke Separate School, where hundreds of kids braved unseasonable weather. LIZ BEDDALL/METRO

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metro NEWS

Your essential daily news

Using DNA to track unscooped dog poop. Page 12

Lust touts 'power shift'

SEXUALITY

Feminist porn does 'good in the world,' says director

Jessica Smith Cross
Metro | Toronto

Erika Lust is screening some her X-Confession pornograpic shorts at the Royal Threatre on April 15 in the lead-up to the Feminist Porn Awards. PHOTO CREDIT IN SMALL CAPS

Over the 10 years Toronto sex shop Good For Her has been running the annual Feminist Porn Awards, a lot has changed.

"There's been a great power shift," said Erika Lust, one of pornographers nominated at the 10th annual Feminist Porn Awards on April 17 at the Capitol Theatre on Yonge Street.

She's won numerous feminist porn awards over the years and watched the number of female directors in the porn industry grow from a handful to hundreds.

"When I started to watch adult films, they were showing more or less the same construction time after time, or the same stereotype, so I felt, as a sex-positive feminist woman, that I was not very well-represented in adult films," she said.

"I wanted to see more diversity and I wanted to see women in other roles, women in charge of their sexuality, in charge of their pleasure, having fun and not only there as some kind of vehicle, being some kind of sexual sexy object for these men."

A decade ago, filmmaking equipment was becoming cheaper and the internet had opened up the distribution channels for porn, allowing more diverse — and feminist — people to get into the porn business.

Recognizing that change, Toronto sex shop Good For Her held its first Feminist Porn Awards ceremony.

Lust believes feminist porn — where diverse sexualities, bodies and fantasies are represented — is doing good in the world.

> **When they go to those sites to look at pornography and learn about sex, they see a very chauvinistic vision of sexuality.**
> Erika Lust

"We live in a society where people, especially young people, search for sex education online and when they do so, they turn out watching pornography," she said.

"When they go to those sites to look at pornography and learn about sex, they see a very chauvinistic vision of sexuality and I think that it's very important, that as women, we start to participate in this discourse."

Her latest project, XConfessions, is a series of shorts based on anonymous requests made through Lust's website. It turns out what people secretly desire is trendy: her top requests included Mad Men-style porn and 50-Shades inspired BDSM.

For more information, visit the feministpornawards.com.

HONEST ED'S

Dresses perfect for store

The 400 white dresses hanging in a stock room at Honest Ed's aren't what you'd call stylish.

In fact, general manager Russell Lazar describes some of them as "dowdy." They need a little oompf. A fairy godmother's magic wand.

But boy, in true Honest Ed tradition, when they hit the sales floor on Monday April 6, they will be bargain-basement cheap: "Special Occasion Dresses, $2.99, with a Little Imagination!" says the sign. Yes, $2.99.

"This is one of our more significant sales items over the years. The price is outstanding!" exclaims Lazar. "We're passing on enormous savings to our customers. It's a dress for confirmation, graduation. Even a bride could wear it."

Lazar, an Honest Ed's employee for 57 years, knows about exuberant salesmanship. He learned it from the maestro, Ed Mirvish, who unabashedly promoted the discount emporium he opened in 1948. Mirvish died in 2007.

Now the fabled store's months are numbered, the property at Bathurst and Bloor Streets. sold to a developer. When Honest Ed's closes at the end of 2016.

Until then, however, Lazar vows to carry on with farewell promotions.

And so the white dresses. "When I saw them I knew they were right for us," says Lazar. "We could sell them at a very affordable price."

TORSTAR NEWS SERVICE

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Toronto raccoons meet their match in tougher green bins

Luke Simcoe
Metro | Toronto

Toronto's new green bins will likely receive a tiny thumbs down from the city's raccoon community. Municipal staff is recommending the city replace its existing compost bins with a new design from the California-based Rehrig Pacific Company. With a 100-litre capacity, the new bins are twice the size of the old ones and boast a "raccoon resistant latch."

The city's public works and infrastructure committee will be reviewing the $31-million contract later this week. First introduced in 2002, the existing bins proved easy prey for raccoons, which can be found feasting on their contents nightly.

Simply put: "Those bins don't work," said Derick Foster, the industrial engineer at Rehrig Pacific who designed the new containers. In order to build a bin capable of thwarting a raccoon, Foster first had to do some homework. He learned everything he could about the critters and consulted with Suzanne MacDonald, a raccoon expert at York University.

> **Raccoons aren't Houdini. They can't get in to everything.**
> Suzanne MacDonald

"Raccoons aren't Houdini. They can't get in to everything," MacDonald said. "You just need to design your bin to their limitations."

Raccoon hands are very dextrous but they can't twist things, so Foster added a turning latch to the bin. The backyard bandits are also not very strong, so he made the bins larger and weighted them down so they can't be pushed over.

Once the final prototype was complete, Foster and MacDonald tested it out in backyards across Toronto. Not once during the trial was a bin breached, Foster said. One particularly persistent female raccoon even spent six hours trying to get in to no avail.

Foster is confident that if his bin passed the test in Toronto, it'll foil raccoons just about anywhere.

"You guys have some of the largest and smartest raccoons in North America," he said.

LUKE SIMCOE/METRO

THERE'S MORE ONLINE: To watch a video of raccoons raiding a garbage can in a Toronto backyard, visit metronews.ca/news/Toronto

metro EXPLAINS | Bin vs. Beast

THE GREEN BIN

1 **Latch:** The bin's latch is built specifically to foil a pair of hungry raccoon hands. To open the container, you have to turn the handle 90 degrees, something raccoons can't easily do. "It's almost like a child-proofing," said the bin's designer, Derick Foster.

2 **Lid:** The lid on the bin is recessed, so raccoons can't get their hands – or snouts – inside and pry it open. Foster said the rim is effective at keeping squirrels out too.

3 **Height/Weight:** "The first line of defense against a raccoon is a stable bin," Foster said. The new bins are twice as large as the existing ones and much harder for raccoons to tip over. During the bin's testing, a group of six raccoons was unable to topple the container, Foster said.

VS

THE MASKED BEAST

1 **Hands:** The raccoon's best asset is its hands. While they lack opposable thumbs, their hands are incredibly dextrous and can pry open almost anything. On the downside, raccoons have weak upper bodies, meaning anything too heavy can thwart them.

2 **Brain:** Raccoons' intelligence and problem-solving skills likely relate to their omnivorous diet, said biologist and racoon expert Suzanne MacDonald. "Omnivore brains are generally larger," she said. "They have to deal with all kinds of food and exploit the entire environment."

3 **Nose:** Raccoons have an exceptional sense of smell, MacDonald said, meaning they can quickly identify the bins with the best contents. Particularly delicious odours, for example leftover chicken, will often attract a whole gang of the masked creatures.

MAC AND CHEESE

Chefs try to reinvent classic dish

This ain't your mother's mac and cheese. Toronto will be hosting a macaroni and cheese festival from June 5 to 7 at the Liberty Market, where participants can gorge themselves on pasta and vote for the city's best take on the classic dish.

"We round up chefs, savvy cooks and food entrepreneurs across the city in an attempt to reinvent the classic mac and cheese," says the Mac 'n Cheese Festival website.

Vendors already on board include Cardinal Rule, Cheesewerks, Morgan's on the Danforth and Fonda Lola. Admission is free, there will be live entertainment and The Brazen Head Irish Pub has been tapped to provide refreshments.

Partial proceeds from the event will go to Foodshare Toronto. LUKE SIMCOE/METRO

INFORMATION

Macandcheesefestival.ca, or @macncheesefst on Twitter.

Award divides city cyclists

BICYCLE LANES

Some worry gold medal may stall momentum

Luke Simcoe
Metro | Toronto

Toronto has received a gold medal for bicycle friendliness, but some in the cycling community are asking whether the city really deserves a place on the podium.

Last week, Toronto was given a gold bicycle friendly community designation at the Ontario Bike Summit. The award is presented by the Share the Road Cycling Coalition.

Toronto previously received a silver designation in 2012.

"The City of Toronto has really done some great work in the last few years … and the cycling community in the city has grown tremendously," said Share the Road's Justin Jones.

Jones applauded new investments in cycling infrastructure, such as the Richmond and Adelaide cycle tracks, as well as the city's commitment to enforcement.

"Toronto has the highest fines for parking in bike lanes in all of Ontario," he said.

Jones clarified the gold designation is not the highest award Share the Road hands out. There are two levels, platinum and diamond, above it.

"I recognize there's all these other levels, but the message it sends is concerning," replied Cycle Toronto director Jared Kolb.

"The worry is that you give a gold award and then city council says 'OK, we're done.' It could stall momentum," he said.

Cycle Toronto drew in hundreds of cyclists for Ride for Jarvis back in the summer of 2012 to celebrate the bike lanes on Jarvis and protest their planned removal to make room for a centre lane that changes direction with rush hour. TORSTAR NEWS SERVICE

> **For a lot of Toronto cyclists, I don't think their lived experience is a gold experience**
> Jared Kolb, Cycle Toronto director

While there are lots of cycle lanes and trails in the downtown core, Kolb said Toronto's suburbs still lack basic bike infrastructure.

Jared Kolb.

"For every safe cycling street like Harbord there are 10 Steeles and Morningsides," he said. "And it's still not safe to ride a bike in parts of Scarborough or Etobicoke."

Ottawa is the only other city in Ontario to receive a gold designation.

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SPORTS

The Beautiful Game helps fight cancer

Gilbert Ngabo
Metro | Toronto

They've reinvented the rules of soccer, all for a dignified cause.

Women in Scarborough who enjoy chasing and kicking the ball are gearing up for yet another day of intense competition on the pitch, all the while raising funds for the Canadian Breast Cancer Foundation.

That's right: an entire soccer tournament that lasts only a day, from elimination rounds to the ultimate championship faceoff. The Kick4TheCure tournament takes place April 19 at the Scarborough Soccer Centre.

"At the end of the day everybody is exhausted but they all love it," said Jace Prohaska, tournament organizer. A lot of the participants are women who feel strongly about both soccer and the cause to fight cancer, she said.

Participating teams come mainly from the Scarborough soccer league, but also from other areas across Ontario. This year's competition will see 10 teams confront each other.

Ten years since she started the initiative after a close friend was diagnosed with breast cancer, Prohaska said the tournament has grown and built a sense of community. Even better, it serves as a way to make a difference in many Canadians' lives, including many women in Scarborough who've felt the love and care brought by this tourney, she said.

"Everybody is affected by breast cancer one way or another," she said. "Using the game that we all love, we can help each other in a fun, healthy and active way and fight a diseases that affects us all."

The campaign has raised over $180,000 for the foundation.

THE RULES

- Each game lasts 25 minutes, with no half-time break or stoppage of play.
- Five players and a goalie make up each team.
- Player substitution can happen any time in the game without notifying the referee.
- No jewelry allowed. It's the FIFA rule, remember?

IN BRIEF

Cyclist, 61, dies after being struck by vehicle

A 61-year-old man has died after being struck by a vehicle in Clarington, Ont.

Durham Regional Police say some cyclists were riding their bikes when one of the cyclists attempted a left turn and was struck by a passing vehicle on Sunday morning.

Police say the driver of the vehicle received minor injuries while the cyclist was pronounced dead at the scene in an ambulance. THE CANADIAN PRESS

Man faces charges after scuffle with officer

Peel Regional Police say a 24-year-old Mississauga man faces charges after allegedly scuffling with an officer and fleeing. Const. Thomas Ruttan says it happened after police pulled over a suspected impaired driver in Mississauga Sunday. Ruttan says there was a scuffle between the driver and the arresting officer, who attempted to pepper spray the man but got some on himself. Fahad Abu-Risha faces multiple charges. THE CANADIAN PRESS

Steve Pellegrini is a full-time manager with the City of Brampton and also the mayor of King Township. FACEBOOK

Mayor's other job puts him on sunshine list

KING TOWNSHIP

Steve Pellegrini is also manager with the City of Brampton

King Township Mayor Steve Pellegrini made the 2014 "sunshine list" of six-figure public-sector earners, but not for his political job. He earned $118,097 as a full-time manager with the City of Brampton.

The $103,001 he earned last year for his duties as mayor and York Region council member was on top of that salary.

"I spend 35-40 (hours) a week with Brampton, except for vacation and unpaid time off, and 35-50 (hours) a week with King depending on the time of year and events," Pellegrini said in an email. "As a City of Brampton employee for 25 years I have continuously received favourable evaluations and as an elected member of council for over 10 years I have never been criticized for not making an effort and having a perfect attendance record is proof of my commitment," he said.

Pellegrini, who has five children and manages eight full-time staff at his Brampton job as a business systems supervisor, has been mayor of King Township since 2010.

It's not illegal for an elected official to hold two jobs. Council members of small municipalities, where the demands and pay are less, often have second jobs.

But it's uncommon for a mayor earning a six-figure salary to be earning another six-figure salary from a full-time management position elsewhere.

"It would seem that it would be very difficult to hold down both jobs at the same time. It doesn't make a lot of sense," David Dimitry, a human resources consultant with David Dimitry and Associates, told Torstar News Service.

"Are the business hours of the municipality the same as his hours in Brampton? I would bet they are.

"You can't be two places at once. The support staff in King probably works during normal business hours. Municipal office hours are generally between 8 to 4:30.

"If I was taking on a full-time job as mayor, I would ask my other employer for a leave of absence," Dimitry added.

Pellegrini said Torstar would need to file a freedom of information request to get access to his mayoral calendar. He did not address a request to see his mayoral email records.

Pellegrini said his 2014 remuneration from King Township was $46,077. According to York Region he received an additional $56,924 for sitting on regional council.

Asked how he would deal with a disaster or other emergency situation in King if he was in the middle of a work matter in Brampton, Pellegrini said another council member has been trained to deal with emergencies. TORSTAR NEWS SERVICE

DUTIES

A City of Brampton spokesperson said in an email that Pellegrini's employment there "pre-dates his election as mayor of King Township. To address mayoral duties during the work week, Mr. Pellegrini uses vacation and approved unpaid leave."

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LIFE

Family mourns loss of her smile

The first thing Jeremy Meehan noticed about Robin Ptolemy was her smile.

Back then, in 2001, 26-year-old Jeremy was working in sales in Kingston, Ont., while Robin was attending teacher's college at Queen's University. The two first met at a local bar owned by one of Jeremy's friends. Instantly, Jeremy was smitten with the charismatic, blue-eyed 24-year-old from Sarnia.

"She just caught me," he says. "Everything about her."

Friends and family say Robin had the kind of smile that lit up her whole face, a contagious grin she would happily share with everyone she met — including students at Fletcher's Meadow Secondary School in Brampton, who would later say she had helped change their lives for the better.

It's a smile Jeremy would see every day; the two started dating in February 2001 and moved in together about a year later. "From that point on, we were pretty much inseparable," he recalls.

But Robin's life was cut short last month. Just 37, Jeremy's wife and mother to the couple's three children died in hospital, less than a week after giving birth to their daughter Sara on March 17.

She leaves behind her husband, three children under the age of 4, parents Ross and Connie Ptolemy from Sarnia, and many heartbroken friends, family members and former students.

The whole family is reeling from Robin's sudden death, but they're also remembering her impact on the community as a beloved mother — she was "the best mom in the world," Jeremy says — and a life-changing English teacher and department head at Fletcher's Meadow.

TORSTAR NEWS SERVICE

A longer summer awaits

SUMMER

Parents caught off guard by extra week of vacation

Iva Grebesic, centre, poses with her children. From left to right: Maks , 9, Nikola, 7, Luka, 5, and Gabriela, 10, at their Etobicoke home, April 1, 2015. For a story on this year's extra-long summer vacation schedule, which means parents will have to find child care for an extra week. ANDREW FRANCIS WALLACE/TORONTO STAR

When Etobicoke mother of four Iva Grbesic realized there could be an extra week of summer vacation for her kids this year, she began running through her options.

A later-than-usual Labour Day means Toronto-area students will probably start school on Tuesday, Sept. 8, according to the tentative school calendar for 2015.

Kids may be rejoicing, but the extra week of vacation poses a challenge — and potential expense — for working parents like Grbesic, a style blogger whose work-from-home schedule often includes outside work like television appearances, and husband Ivan, a partner at a downtown law firm.

"To put them all in a camp, that's usually about $500 to $1,000 for a week for all the kids," says Grbesic, whose children are aged 10, 9, 7 and 5.

They attend Sainte-Marguerite-d'Youville elementary school in Etobicoke.

Instead, Grbesic says, she typically relies on babysitting from family members who all live about four hours away, including her mother-in-law from Sudbury and parents from Windsor.

Lisa Bosher, an Etobicoke mother of two, is in the same boat. She says she's shifting from part-time hours as a nanny to full-time work in a week. She needs child care all summer for her eight-year-old son.

She had no idea there was an extra week of possible summer vacation this year, until she went to register for the City of Toronto Parks and Recreation day camps last month and noticed a ninth week of summer camp leading into Labour Day weekend.

> **"Anything earlier would have been helpful for a parent."**
> Lisa Bosher

Bosher says she had no choice but to sign up her son, which cost her $128 for the extra week of camp, and $40 worth of additional before-and-after care.

Brandie Weikle, editor and publisher of TheNewFamily.com, agrees it could be really expensive for parents facing an extra-long summer holiday this year. People with less seniority at work, or single parents who have to pay the bills, might find themselves unable to take more time off, Weikle says.

"With the two-parent household comes the luxury of a couple of people that can pool holiday time to draw on . . . on the other hand, a lot of people have very little holiday time to work with — two to three weeks only," she notes.

Most summer camps aren't running during that extra week of summer vacation, but parents do have options if they're hoping to go that route. Ripley's Aquarium of Canada in downtown Toronto, for instance, still has spaces left for their last camp program.

"I do anticipate it will fill up as people plan their summers," noted Katie McMahon, who handles the aquarium's camps.

The Royal Ontario Museum also has camps in the last week of summer, but Kiron Mukherjee, ROMKids coordinator, says they filled up quickly.

So why the extra week of summer vacation this year?

Toronto District School Board spokesperson Ryan Bird says it's because the statutory Labour Day holiday, which traditionally marks the last day of the school break, falls especially late this year, on Monday Sept. 7.

"It's all about getting the required number of days of teaching in," he says. "Just the way Labour Day falls this year, we recommended the 8th as a starting day."

It's also an unusual year because the board recommended having a Professional Activity day on Thursday, Sept. 3, the week before students' first day of school, according to Bird.

Bird says the TDSB consulted with the TSCDB, along with school boards in Durham, Peel and York Region, to ensure consistency — meaning they'll all probably have the same Sept. 8 start date.

According to Bird, nothing is official until the Ontario Ministry of Education approves the dates.

TORSTAR NEWS SERVICE

$1,400

Lisa Bosher says her total expenses for summer day camp and child care costs sits within the range of $1,400 for summer 2015.

Canadian's arrest, torture topic of CIA debate: Ex-spy

Whistleblower says colleagues were sure Maher Arar was innocent

A former spy has described the debate within the CIA over the arrest, rendition and torture of Canadian Maher Arar, saying multiple colleagues warned against it because they were convinced they were punishing an innocent man.

The account from former CIA officer John Kiriakou sheds new light on decade-old events that caused a public inquiry in Canada, a $10-million payout from the federal government, and unsuccessful lawsuits in the U.S.

It's a rare peek into discussions within the U.S. Central Intelligence Agency — whose role in the 2002-03 events has never been publicly examined, having remained off-limits in Canada's inquiry.

It came during an interview at the former spy's Virginia home, where he described how he went from being the head of counter-terrorism operations in Pakistan after 9/11, to becoming the first CIA employee to publicly question the use of torture, to eventually spending two years in jail for leaking agency secrets.

During that interview, Kiriakou declined to discuss whether he had interacted with Canada's spy services — because, he said, revealing details about a foreign partner remains a cardinal sin in the world of espionage.

But he added: "We can talk about Maher Arar."

Kiriakou expressed disgust with his country's role in sending the engineer to be tortured in his native Syria, and with its continuing failure to issue an apology like Canada has.

He described a dynamic within the agency in which one mid-to-high-level officer ignored repeated objections from her subordinates, and insisted on pushing ahead.

"I can tell you that a lot of people inside the CIA objected to this," Kiriakou said.

"(They said), 'This is the wrong guy. He hasn't done anything.'"

Arar was grabbed during a New York airport layover and flown to a notorious Syrian prison.

He has described a year-long ordeal that included being beaten and stuffed into a body-sized slot in a windowless dungeon. Arar likened it to being buried alive.

At the time, Kiriakou was a branch chief within the CIA's Counterterrorism Center.

While he won't discuss the branch name, he says it fell under the broader Osama bin Laden unit and the Arar file was being handled by another branch within the centre.

He says an officer, one level above branch chief, was determined to make the arrest.

"I remember hearing some of the conversations — that, 'This is the wrong guy, this is a mistake.' And then one officer in particular (was) saying, 'No, this is not the wrong guy. We're going to take him.'

"She was certain that we had the right guy. That Maher Arar was an al-Qaida whatever-he-was — a facilitator, or whatever — and we were moving forward with it."

He wouldn't identify the officer.

Kiriakou referred only vaguely to her general status within the agency. He also made a fleeting reference to a Hollywood hit: "As you may have seen in the movie Zero Dark Thirty, there were certain people inside the CIA who insisted on pushing forward."

He refused to say whether she was the officer who inspired that movie's main character — who was named in some media reports, and was linked in the Senate's torture study to the wrongful rendition of another innocent man, Khaled el-Masri.

The CIA declined to comment for this story. So did Arar, although his U.S. lawyer says it's about time these details emerged.

"Nothing has ever come out here about the CIA involvement," said Maria LaHood. "He's never received an apology from the United States ... His name continues to be smeared. As far as we know, he's still on a watch list."

Another advocate for Arar said the same is true for Canada.

Canadians who passed on information to the CIA continued law-enforcement careers and got promotions, said Kerry Pither, who wrote a book about the rendition of Arar and three other Canadians. THE CANADIAN PRESS

Maher Arar listens to a question at a news conference in Ottawa on Dec. 12, 2006. Arar, a Syrian-born Canadian, was detained in New York in September 2002 and shipped overseas — winding up in a dungeon-like Damascus prison cell. TOM HANSON/THE CANADIAN PRESS

> **It's not too late for accountability here. It would be nice, at least, to do some naming and shaming.**
> Maria LaHood, Maher Arar's U.S. lawyer

CIA

Jailed for leaks

Kiriakou just spent two years in prison for leaking agent details to the media — though he insists the government punished him for blowing the whistle on torture.

CSIS

Forum created on 'terrorist travel'

The Canadian Security Intelligence Service has set up a "multilateral forum of trusted partners" to share information on suspected extremists travelling abroad — a group that extends beyond its customary Five Eyes spy network, a newly released memo says.

In the memo — CSIS Response: Addressing the Terrorist Travel Threat — Canada's spy agency also flags a concern about the challenges it faces in going further to build relationships with "non-traditional partners."

The September CSIS memo evokes the kind of information-sharing that led to the overseas torture of four Arab-Canadians following the 9/11 attacks, said Alex Neve, secretary general of Amnesty International Canada.

"The very term 'terrorist travel' is uncertain and loaded," Neve said. "Who, exactly, would be covered?"

The memo was drafted before a jihadi-inspired gunman fatally shot a soldier at the National War Memorial and stormed Parliament Hill last October. Those events prompted introduction of sweeping new security legislation to crack down on homegrown extremists, including those intent on heading abroad to join foreign battles. The government brought in a bill to give CSIS more latitude to obtain a court-ordered warrant authorizing security investigations in other countries. CSIS fears extremists who head to Syria or Iraq may return to wage attacks.

The traveller phenomenon is a "priority collection" requirement for the spy service, the memo says.

A heavily censored copy of the five-page, top-secret memo was obtained by The Canadian Press under the Access to Information Act.

A heavily censored copy of the five-page, top-secret memo was obtained by The Canadian Press under the Access to Information Act.

A full page of proposals "Under Development or Consideration" was withheld from release.

CSIS and Canada's Five Eyes partners — the United States, Britain, Australia and New Zealand — routinely share intelligence on the terrorist travel phenomenon and specific individuals of interest, the memo says.

"In addition to Five-Eyes cooperation, Canada engages in regular intelligence sharing on this issue via a multilateral forum of trusted partners initiated by CSIS to address this issue."

CSIS had no immediate answers to questions about the forum. THE CANADIAN PRESS

MISSING AND MURDERED

Manitobans dragging Red River for bodies of women

A group of volunteers plan to dredge the Red River again this year, hoping to find anything that will bring closure to the families of missing and murdered aboriginal women.

Bernadette Smith, whose sister Claudette Osborne went missing seven years ago, spearheaded the search last year after the body of 15-year-old Tina Fontaine was found in the river wrapped in a bag.

Volunteers went out on boats with hooks that combed the bottom of the river that flows through Winnipeg, hoping to dig up clues about women who have vanished.

This year, Smith said the operation is more sophisticated. The dragging bars are better made and Smith has bought a boat out of her own pocket.

But the intent is the same — to get answers for the loved ones of those who have gone missing or been murdered. Last year, Smith said seven bodies were pulled from the water.

"That's the highest ever in a year: four while we were dragging," Smith said.

Relatives of these missing women often feel helpless, Smith said. When her sister went missing, Smith said a busload of volunteers gathered to search for her because police didn't seem to be doing enough. Years later, Smith is still searching for answers. Getting out on the river gives many a sense of purpose and community, she said.

It shows that the lives of the estimated 1,200 missing and murdered aboriginal women have meaning.

For Kyle Kematch, like so many of the searchers, the work is personal. His sister, Amber Guiboche, went missing without a trace in 2010. Kematch quit his job last year to devote all his time to dragging the river.

Every time his hooks hit a snag, Kematch's heart leaps into his throat.

"I pray that I don't find her in there," he said. THE CANADIAN PRESS

POLICE

Group urges police to participate

The group wants Winnipeg police to do more than just monitor the volunteers from a boat and actually join in the search. So far, police have declined, saying only that they will support the group "from a safety standpoint."

TRANSGENDER RIGHTS

Walking a few miles in her daughter's shoes

Nicholas Hodge
For Metro | Ottawa

Like any nine-year-old girl, Charlie Lowthian-Rickert is carefree, loves Lego and having sleepovers with her friends — but her family worries that new legislation will put her safety and happiness at risk.

Charlie is transgender, and a proposed amendment by Conservative Sen. Don Plett to Bill C-279, known as the transgender rights bill, would bar trans people like her from choosing which washroom they use in federal facilities. In protest, her mother, Anne Lowthian, swore to use men's public washrooms until the amendment is rejected.

"It is so difficult for me to walk into a bathroom I don't belong in," said Lowthian, who kicked off her protest last week with about a dozen fellow mothers of transgender children.

Lowthian believes that the fear she feels in men's washrooms is the same fear trans people would experience every time they were forced to use a bathroom where they don't feel comfortable.

While Plett supports many aspects of Bill C-279, such as violence against transgender people being considered hate crimes in the Criminal Code, he believes that it should be up to building facilitators to decide what bathroom it would be appropriate for a trans person to use. Plett has publicly expressed fears that sexual deviants such as pedophiles could abuse the bill to sneak into washrooms.

"It sends an awful message about trans people," said Amanda Ryan of the advocacy group Gender Mosaic. "There is no evidence of a transgender person attacking someone in a bathroom and it's quite the opposite."

The movement was inspired originally by Brae Carnes, a transgender woman from Victoria who has been going into men's rooms in protest of the amendment. Lowthian, along with other mothers of trans children, felt that they could do the same on behalf of their children.

"For me to walk a few miles in the shoes of my child, that's the least I can do," said Lowthian.

She is overjoyed that most of Bill C-279 will give her daughter a brighter future should it pass, but refers to Plett's proposal as "the potty amendment."

Ottawa-area family Anne Lowthian, left, daughter Charlie Lowthian-Rickert and Chris Rickert. NICHOLAS HODGE/FOR METRO

Mateo Compton, 5, left, sits with his father Paul, brother Stephanoe, 8, and mother Paola Moscoso Castillo de Compton at their home in Ontario on Saturday. Mateo, born in Peru, was denied Canadian citizenship following changes in the Citizenship Act in 2009; his brother, born before the changes were enacted, received his citizenship at birth. JUSTIN TANG/THE CANADIAN PRESS

Citizenship battle for father and son

POLITICS

Rule changes make one boy Canadian, but the other is not

Paul Compton has done exactly what the federal government recommended to get his son recognized as a Canadian citizen, but his problems have yet to be solved.

For the past five years the Ontario native has been corresponding with public servants, appealing to politicians and even relocated his family in a bid to rectify what he views as an unjust and precarious situation. Now, he's demanding action.

"They've been able to take away the rights of citizenship to my son," Compton said. "I will not allow the Canadian government to do this."

The 45-year-old and his family have found themselves ensnared in a set of regulatory changes made to the Citizenship Act in 2009, which limits the ability to pass on Canadian citizenship to only the first generation of a family born abroad.

At the root of their problems is the fact that Compton was born in Scotland, where his parents were living while in university. He was brought to Canada when he was five months old and lived in the country until his early 30s.

A teacher by profession, Compton then got a job at an international school and moved to Lima, where he met his Peruvian wife.

His first son was born in Peru and automatically became a Canadian citizen. His second son, however, was born just months after the new rules came into effect. The change meant that five-year-old Mateo is not a Canadian, even though his older brother is.

The new rules were part of legislation which solved the problems of thousands whose citizenship had been taken away by outdated legal provisions.

At the same time, however, the government said they were protecting the value of Canadian statehood by ensuring citizenship couldn't be passed on from generation to generation of those living outside Canada.

Compton didn't even find out about the new rules until he tried to apply for a Canadian passport for his son in 2010 and was denied.

After trying to deal with the matter from Peru, Compton returned to Ontario with his family in February last year.

He and his older son entered the country as Canadians, but Mateo, for whom he had to obtain a Peruvian passport, and Compton's wife came in on visitor visas.

Once in the country, Compton applied for permanent residency for his son and his wife — an avenue the federal government recommended to gain citizenship for those affected by the new regulations — but after more than a year, the application is still being processed. THE CANADIAN PRESS

GERMANWINGS CRASH

Profile of co-pilot gets more troubling

The profile that has emerged of Germanwings co-pilot Andreas Lubitz has become more troubling by the day.

In the hours after Flight 9525 crashed in the French Alps two weeks ago, Lubitz was regarded as one of 150 victims in an unexplained disaster. Two days later he was the prime suspect of an unfathomable act.

By now, French and German prosecutors have little doubt that the 27-year-old intentionally slammed the Airbus A320 into a mountain, killing everyone on board, and there is growing evidence that his actions weren't just a split-second decision but the result of days of planning.

The revelations have raised questions about who knew what, when, and whether Lubitz could have been stopped.

Investigators have pieced together a picture of Lubitz by analyzing the voice and flight data recorders found at the crash site, searching his homes in Duesseldorf and Montabaur, and by interviewing friends, relatives, colleagues and doctors.

Andreas Lubitz. THE ASSOCIATED PRESS

Medical records show that before he received his pilot's licence, Lubitz suffered from depression, with doctors recording "suicidal tendencies." It forced him to take a break of several months from his pilot training.

In the months before the crash, Lubitz sought help from several doctors, including specialists at Duesseldorf's University Hospital. In the week leading up to the crash, Lubitz spent time online researching suicide methods and cockpit door security. THE ASSOCIATED PRESS

MANCHESTER, U.K.

Two teenagers face terrorism charges

British police say a teenage boy and girl have been arrested on suspicion of preparing terrorist acts.

Greater Manchester Police said Sunday a 14-year-old boy and 16-year-old girl have been arrested following two separate police raids that took place Thursday and Friday. Police say they had warrants for both searches.

The two teens have not been named and both have been freed on bail until a May 28 court hearing.

The number of terrorism-related arrests in Britain has surged in recent months as an increasing number of Britons try to travel to Syria to link up with ISIS extremists there.

Separately, police are questioning six people arrested earlier Friday in the port city of Dover, which has extensive ferry service linking England to France.

Five men and one woman in their 20s were arrested in a departure lounge there Friday night. THE ASSOCIATED PRESS

IN BRIEF

California governor defends drought order

Gov. Jerry Brown on Sunday defended his order requiring Californians statewide to cut back on their water use in a historic mandate that spares those who consume the most — farmers. As California endures a fourth year of drought, Brown's order this week requires towns and cities statewide to draw down water use by 25 per cent compared with 2013 levels. While past reductions were voluntary, Brown said he is using his emergency powers to make the cuts mandatory. THE ASSOCIATED PRESS

Yemeni Sunni Islamist party says over 120 members abducted by Shiite rebels

Yemeni Shiite rebels, making an aggressive bid for power in the impoverished Gulf state, arrested more than a hundred members from a rival Islamist Sunni political party, including two leaders, the party said in a statement Sunday. The Islah party, the Muslim Brotherhood's branch in Yemen and a traditional power player in Yemen, had declared its support for the Saudi-led coalition bombing campaign against the rebels and their allies. THE ASSOCIATED PRESS

Christian women and children are scanned with a metal detector and have their bags searched to prevent against possible attacks as they enter the compound of the Our Lady of Consolation Church, which was attacked with grenades by militants almost three years ago, in Garissa, Kenya Sunday. BEN CURTIS/THE ASSOCIATED PRESS

Gunman in Kenyan attack was official's son

EXTREMISM

Chief reported him missing, feared he'd gone to Somalia

One of the gunmen who slaughtered 148 people at a college in Kenya was identified Sunday as the law-school-educated son of a Kenyan government official, underscoring the inroads Islamic extremists have made in recruiting young people to carry out attacks against their own country.

Abdirahim Mohammed Abdullahi, who was killed by security forces Thursday along with the three other militants who stormed Garissa University College, was the son of a government chief in Mandera County, which borders Somalia, Interior Ministry spokesman Mwenda Njoka told The Associated Press.

The chief had reported his son missing last year and feared he had gone to Somalia, Njoka said.

Somalia's al-Shabab militant group claimed responsibility for the bloodbath, saying it was retribution for Kenya's sending of troops to Somalia to fight the extremists.

The attackers separated Christian students from Muslim ones and massacred the Christians.

The news that one of the gunmen was Kenyan highlights the challenges faced by the government in preventing terrorist attacks. The danger comes not only from neighbouring Somalia but also from within Kenya.

Kenyans make up the largest number of foreign fighters in al-Shabab, according to experts. Hundreds of Kenyan youths have trained with al-Shabab and then returned to Kenya, posing a major security threat, according to former police chief Mathew Iteere.

Kenya's government has said another source of instability is the country's refugee camps, with more than 423,000 Somali refugees.

Abdullahi graduated from the University of Nairobi with a law degree in 2013 and was seen as a "brilliant upcoming lawyer," according to Njoka.

Njoka said it is important for parents to inform authorities if their children disappear or seem to be embracing extremism.

Meanwhile, questions have been raised about the security response to the Garissa attack.

Police waited seven hours before sending a special tactical unit into the college to fight the gunmen, Kenya's Daily Nation newspaper reported Sunday. THE ASSOCIATED PRESS

U.S. SURVEY

More whites approve use of police force

White people in the United States approve of police officers hitting people in far greater numbers than black people and Hispanics do, a striking difference at a time when the U.S. is struggling to deal with police use of deadly force against minorities, according to a major American trend survey.

Seven of 10 whites polled, or 70 per cent, said they can imagine a situation in which they would approve of a police officer striking an adult male citizen, according to the 2014 General Social Survey, a long-running measurement of trends in American opinions. When asked the same question, just 42 per cent of blacks and 38 per cent of Hispanics said they could.

These results come as Americans grapple with trust between law enforcement and minority communities after a series of incidents, including the deaths of unarmed black men in Ferguson, Missouri, and New York City. Thousands of people protested in the streets last year after the deaths of 18-year-old Michael Brown and 43-year-old Eric Garner, who gasped "I can't breathe" as police arrested him for allegedly selling loose, untaxed cigarettes.

The survey shows the gap between whites, blacks and Hispanics long predates those deaths.

The poll results don't surprise experts on American attitudes toward police, who say experiences and history with law enforcement shape opinions about the use of violence by officers.

"Whites are significantly more likely to give police officers the benefit of the doubt, either because they have never had an altercation with a police officer or because they tend to see the police as allies in the fight against crime," said Ronald Weitzer, a George Washington University sociology professor who has studied race and policing in the U.S. and internationally.

However, blacks and Hispanics "are more cautious on this issue because of their personal experiences and/or the historical treatment their groups have experienced at the hands of the police, which is only recapitulated in recent disputed killings," he said. THE ASSOCIATED PRESS

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Uber hopes to make peace

TRANSPORTATION

To grow here, ride-sharing firm must mend fences

The strong-arm tactics that some Canadian cities have been using against virtual ride-hailing company Uber have prompted the organization to try to mend fences with local officials even as it maintains hope for further expansion.

Municipal governments across Canada have launched everything from political salvos to court injunctions against the San Francisco-based tech giant in a bid to keep Uber's fleet of both licensed and unlicensed vehicles off city streets.

While Toronto Mayor John Tory has publicly defended Uber, saying such companies are here to stay, a recent blitz by a lone city police officer saw 11 charges laid against UberX drivers in a single weekend.

Uber's opponents have succeeded occasionally. While the company maintains a presence in Edmonton, Toronto, Ottawa, Montreal, Quebec City and Halifax, it was forced to shut up shop after brief efforts in Vancouver and Calgary.

The tactics some Canadian cities have been using against Uber have prompted the company to try to be more collaborative with local officials. ERIC RISBERG/THE CANADIAN PRESS

Uber says there's an effort afoot to cool tensions with the cities it serves before it pursues new locations.

"Uber wants to be everywhere and we are constantly evaluating new opportunities," said Jeff Weshler, Uber Canada's general manager for regional expansion.

Uber has faced varying levels of resistance in nearly every Canadian city where it has operated, even as it has won plaudits for its innovative business model.

Municipal officials from Vancouver to Halifax have accused the company of operating illegally at best and endangering the lives of passengers at worst.

Chris MacDonald, professor of Business Ethics at Ryerson University, said there's no doubt the model has caught on in the 300 cities worldwide where Uber currently operates.

Uber has set itself apart from its many competitors as a leader in this field, he said, adding the company is clearly filling a genuine need in the market.

But its practice of antagonizing governments by flouting regulations does not mean the company is blazing a trail to future prosperity, he said.

"They're going to need, in the long run, to keep a pretty broad range of stakeholders happy," he said. "Eventually they've got to kind of make peace."

Weshler says the bans and criticisms that have dogged the company are par for the course for an organization that's trying to revamp a long-established system, adding Uber has no plans to shy away from its opponents.

Weshler said he hopes Uber's relationships with Canadian cities take a more collaborative turn, saying that negotiation is the best way to achieve mutual goals.

"Ultimately we're all committed to the same vision of a safe and reliable way for people to get around."

THE CANADIAN PRESS

IN BRIEF

DNA doggy-do tests nail owners who don't scoop

Frustrated with dog owners who refuse to clean up after their pets, an increasing number of apartments in Seattle are opting to use DNA testing to identify the culprits. The Seattle Times reports that a company called BioPet Vet Lab from Knoxville, Tenn., is providing its PooPrints testing kits to 26 apartment and condo complexes and homeowners associations in the region. THE ASSOCIATED PRESS

Marijuana trimmers eye careers in pot industry

Washington's marijuana business has created a legal occupation that offers career opportunities for bud trimmers. Bud trimmers make $12 to $15 US an hour trimming leaves from marijuana buds. Most work on up to a pound and a half of marijuana per day. Experienced workers can move up to positions as gardeners or concentrate makers, and earn $50,000 to $90,000 a year.

THE ASSOCIATED PRESS

Business Information Sessions

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The **Ministry of Transportation (MTO)** and partners are hosting a series of workshops to help businesses prepare and plan ahead for the Games.

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metro VIEWS
Your essential daily news
Monday, April 6, 2015

MYMETRO

Avula S.'s Metro

What's one of the big things Avula S. likes about Metro? She says it's the variety of news we cover.

Follow us at metronewsca and post pictures of yourself reading your Metro with the hashtag #MyMetro and we'll repost.

We'll also feature a reader pic in this spot every Monday.

GILBERT NGABO/METRO

Tory should consider political endorsements

TORY'S TORONTO

Matt Elliott

By pointing last week to a new report that highlights the need for investment in affordable housing repairs, Mayor John Tory did what he's already done a bunch of times: he asked the provincial and federal governments for some cash.

It's become a regular thing.

Not only does Toronto need Queen's Park and Ottawa to pitch in for housing, the city also needs money to build public transit, and to operate transit, and to adequately provide social services, and to… well, look, Toronto just needs a lot of money, OK?

Tory isn't wrong to ask for it. The report on the state of affordable housing he presented last week was just the latest piece of evidence pointing to the fact that Toronto has been dealt an unfair fiscal hand.

But still, by going all-in on getting money from other levels of government, Tory has taken a big political risk. He's made it very easy for voters to judge his performance.

If he succeeds in getting a better funding arrangement, he'll have done a good job. But if he fails, then, um, why keep him around?

Tory has even gone as far as saying he doesn't have a "Plan B" — putting together a back-up strategy to fund the city's needs solely with Toronto tax dollars would weaken his negotiating position, the mayor explained last week.

I get that, but I also question whether the mayor has much negotiating strength to begin with.

Negotiation requires two sides, and it's not clear what Tory has to offer Premier Kathleen Wynne or Prime Minister Stephen Harper or anyone else who might hold power in return for all the money the city needs.

Negotiation requires two sides, and it's not clear what Tory has to offer Premier Kathleen Wynne.

Except, perhaps, for his political endorsement.

That's a weapon Tory will likely be reluctant to use — he's more the type to stay neutral during elections and talk about how he can work with anyone — but I would argue he shouldn't shy away from it.

In a lot of ways, it's all he's got.

With the federal election coming later this year, for example, Tory has an opportunity to really take a stand for Toronto's needs. Ask for specific promises in party platforms — real promises with real numbers. If a party includes them, consider making a qualified endorsement. If a party is non-committal, then let Toronto voters hear about it.

Will it happen?

I'm not sure.

In addition to the notion that this kind of rabble-rousing seems out of character for Tory, there's also concern that the party he's traditionally aligned himself with — the Conservatives — is probably the least likely to commit to city building initiatives.

But that shouldn't matter, really.

Tory isn't representing a party any more. These days, he speaks for a city.

And I'd like to see him speak up.

ROSEMARY WESTWOOD

metroview

Preschool Mastermind: You can't buy your way into a creative community

There is something both appealing and repulsive about a new preschool in New York.

It's so New Age, so millennial: the (possibly world's first) preschool for adults.

Preschool Mastermind wants to bring the magic back into your thirty-something life. You can pay on a sliding scale of $333, $444, $555, all the way up to $999, for five classes of fingerpainting, make-believe, Play-Doh, naptime and snack time.

And maybe you want to. Other people are. One video shows a class singing songs and dressing up.

You know, like we used to. Before we grew up.

Maybe this preschool is the "worst, saddest thing," and "makes you lose faith in humanity," as one friend told me.

My gut reaction was to call the preschool an extreme example of my generation's petulant refusal to grow the hell up. Why else would people pay hundreds of dollars to go to Miss Joni's Brooklyn house and pretend like the last 25 years never happened?

But I actually agree with at least one thing that some of those adult preschoolers have told media: The world can seem a rather oppressively serious place.

Creativity is often valued for its products, not for itself. I can't be the only one who feels like productivity is the sole sign of a good day. And that's sad.

At Miss Joni's, you "inject play, wonder, self-belief, and community" into your "grown-up" life, the website says.

"People come here and get in touch with their inner child. It's magical," Miss Joni has told media.

I get the need for more magic. It reminds me of the old margarine commercial with the Young at Heart song, which even as a child, I understood to be true. No one is too old to fingerpaint.

But paying someone with half a degree in early childhood education to take you back to preschool is surely one of the most self-indulgent, narcissistic ways to seek magic in the world.

You can't buy your way into a creative community, as this class pretends. You have to seek it with other people, in your actual life.

And if cultivating that child-like view is what you're after, the answer isn't to try and regress to your own childhood. The answer is to go spend some time with actual children. Our cities are full of kids' charities that could no doubt use the help.

Isolating yourself in that farce of preschool is actually an affront to the magic that waits for you every morning. Go out in the world. Because you can't go back in time.

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America's problem with fat-shaming page 19

Monday, April 6, 2015

The best dollar-store gadgets

Just because you're tight on cash doesn't mean you can't afford some great gadgets. Your local dollar store has a tech section, believe it or not, and you'll be pleasantly surprised at what you can buy with loose change. The following are a few bargains found at Dollarama, Dollar Tree, Family Dollar and 99¢ Depot.

Marc Saltzman FOR METRO CANADA

BRIGHT IDEA

Folding Booklight

Tablets benefit from a backlit screen, but this isn't the case with most ebook readers and of course, paper books. Don't bother your partner in bed with a night-table lamp when you can pick up the Circuit Electronics LED Folding Booklight for just $1. Clamp the reading light onto your ebook reader or book, press the open button along the side and a retractable arm, with bright LED light, slowly extends to its full height. Three small watch batteries are required, but included.

PURSE PALS

Rechargeable Audio Speaker

It's rewarding enough to find a $2 speaker for your favourite music player, smartphone or tablet — but the aptly named Hype Audio Rechargeable Compact Speaker cleverly doubles as a small mirror to apply makeup. While not wireless, it includes a custom two-foot cable that plugs into the music source (via a 3.5-millimetre mini jack), plus it has an integrated USB connector to power up the rechargeable speaker.

SOUND ADVICE

Stereo Earbuds

Commuters don't need to spend upwards of $300 on a pair of Bose- or Beats-branded earbuds. Instead, the Electra Stereo Earbuds with Microphone, for a mere $2.50, sound better than you might think — plus they block out ambient noise. Along with a microphone on the cable for taking calls — and a three-button remote for volume, pausing and skipping between tracks — the cord of these stereo earbuds has a "flat-wire" style which looks nicer and doesn't knot up as easily.

REMOTE POSSIBILITIES

4-in-1 Remote

Look down at your coffee table. If you have more remotes than family members, you have a problem. Clear the clutter on the cheap with the $2 RCA 4-in-1 Remote, which lets you control up to four home theatre components — such as a television, cable box, DVD player, and more. The wireless remote is easy to program and offers backlit buttons, volume and media control (e.g. Play, Pause, Forward and Back).

POWER PLAY

USB Car Socket Charger

Keep multiple devices juiced up in your vehicle with the Tech-1 Universal USB Car Socket Charger ($3). As the name suggests, this power socket plugs into your car's 12-volt port (a.k.a. cigarette lighter) and not only charges up three devices at the same time — two 12V gadgets and one USB-based one — but it's also on a two-foot extension cord.

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APPS REVIEWS

MIND THE APP

Kris Abel
@RealKrisAbel

VIDEO GAME

Mario Party 10

• Nintendo Wii U
• Rating: Everyone

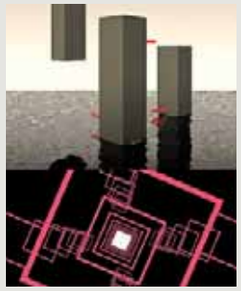
There's a surprising number of casino games in this family-driven board game where up to five players compete in mini-games at the roll of a dice. Roulette wheels, one-armed bandits and slots are less interesting compared to fiery hamster wheels and pinball machines. That one player can rampage as Bowser, destroying everything, is easily the best source of fun.

ENTERTAINMENT

Last Voyage

• iPhone/iPad
• $0.99

Inspired by the trippiest of scenes from iconic science-fiction movies, this package of five mind-bending puzzles uses simple taps and swipes. The challenge is to figure out how the puzzles work, with gorgeous visuals and atmospheric soundtrack.



HEALTH

Soccer Fitness Gols

• iPhone/iPad/Android
• Free

Just in time for spring training, this soccer-focused fitness program uses animated GIFs to demonstrate exercises, focusing on strength, power, endurance, flexibility, and speed.

FOOD

Egg Timer

• iPhone/iPad
• Free

From the Egg Farmers of Canada comes this extensive collection of how-to videos, nutrition guides and recipes that span an impressive range of meals including sunrise sandwiches, oven pancakes, egg salad sliders, and chocolate bunny bread.

EBOOK

The Fifth Heart

• By Dan Simmons
• Kindle/iBooks/Kobo

Sherlock Homes, a fictional character, and Henry James, a real-life author, could never meet and they know it. Their pairing on an American murder mystery triggers an Inception-layered puzzle about consciousness.

Writer says goodbye to iconic drama Mad Men

FINAL SEASON

A chat with the Canadian who ran the show's writers' room

Mad Men creator Matthew Weiner has long known how he wanted to wrap up his iconic AMC drama.

Nevertheless, actually nailing down that plan was not easy, says Calgary-raised writer Semi Chellas. "He really knew where he wanted to go and where he was leading us. And so that helped us get there. But it was very difficult," Chellas says in an interview from Los Angeles.

How are you feeling?

I've always felt spectacularly lucky to have ended up on what was by far my favourite show of all time, because I came on for Season 5 and I was a crazed fan ... and now I feel really lucky because it's been six months since we finished, more — we finished last July — and I drive around and I see the billboards and it feels like a dream that I was part of it.

Elisabeth Moss, from left, Jon Hamm and Rich Sommer in a scene from Mad Men. CONTRIBUTED

And the ending is satisfying for you?

Very satisfying for me. I was running the writers' room for these last few (episodes) and so it was a change, because the same people had been in the room for all six seasons previously and then they left to pursue pilots of their own ... Also being from Canada, I had done lots of six- and seven-episode series — it's so much more common in Canada and I really loved that, I love that length.

How much influence did you have over the ending?

Even though it was sort of headed toward a moment, there were a million paths there and there were a million nuances and we had to finish all the different threads of the story. Everyone made a lot of contributions, and there was a lot of arguing, as you can imagine.

What do you miss most about the show?

I really, really miss the writers in the room. ... the amazing wisdom and the different experiences, the different voices that were collecting in the Mad Men writers' room, were so mind-blowing. THE CANADIAN PRESS

STREAM IT

Relive the '60s

Catch up on your favourite Mad Men moments. All previous seasons (1 to 7 Part 1) are now available to stream on Netflix.

RESEARCH

Gaming could be harmful to health

Good news and bad news for video gamers: New research shows game play boosts visual and cognitive skills, but that too much of the activity is linked to behavioural problems.

In one of two studies published last week, Brown University researchers found gaming not only improves visual skills, but also learning ability for those skills.

A separate study by Oxford University researchers offered a more mixed outlook on the question of whether video games are harmful for children.

The researchers concluded that children who play video games for more than three hours a day are more likely to be hyperactive, get involved in fights, and not be interested in school.

But the Oxford team found the problems were linked to the amount of time spent gaming rather than the types of games played, and found no link between playing violent games and real-life aggression or a child's academic performance. AFP

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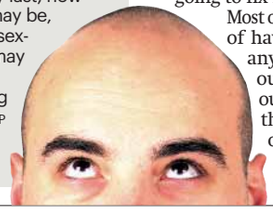
HEALTH NEWS

Sweet-smelling sweat? U.K. scientists develop new perfume

British scientists said Thursday they had developed the first perfume that smells better the more you sweat, and also reduces body odour. Researchers at Queen's University Belfast said in a statement that the new perfume "releases more of its aroma when it comes into contact with moisture." The fragrance uses an ionic liquid with no smell as a delivery system. The new perfume could also take away bad odours. "The thiol compounds that are responsible for the malodour of sweat are attracted to the ionic liquid, attaching themselves to it and losing their potency," the scientists said. AFP

Questions persist about sexual side effects of baldness drug

A review of 34 clinical trials on a popular drug to treat hair loss in men found that none of the studies adequately reported on sexual side effects, researchers said Wednesday. The findings raise serious questions about whether the drug — known as finasteride and marketed as Propecia and Proscar, among other names — is safe, said the report by scientists at Northwestern University, published in the Journal of the American Medical Association Dermatology. That has left key questions unanswered, such as the actual risk of developing sexual side effects, how long they may last, how severe they may be, and whether sexual function may return to normal if the drug is stopped. AFP



When saving, stick to your guns

MONEY MATTERS

Make a plan and let everyone know that you won't waver

Gail Vaz-Oxlade
gailvazoxlade.com

One of the things I'm most proud of when it comes to my TV shows is the fact that folks are more comfortable talking about their money. While I've always been open about money — my money and money in general — other people have been really resistant to sharing their financial stories. That's changed. The brave families I've worked with on TV have helped people see that talking about money is one of the first steps to making change stick.

But we're still not open books. Perhaps it's because we think our money, and the stuff we buy with it, says something about who we are. We're happy to play the guessing game that comes with wearing brand names and living large so people are convinced we're doing great. If we all wore flashing signs on our backs declaring our debt, would we still be so smug showing off our new and shiny?

Determined to change how you deal with your money? Step 1 is to lay a plan for what you'll do differently. Step 2 is way harder: Time to 'fess up to friends and family about what's been going wrong and how you're going to fix it.

Most of us hate the idea of having to give up anything: We love our dinners out, our drive-thru on the way to work, our impulse purchases that come with that immediate gratification buzz.

Hey, if what you're doing isn't getting you to where you want to be, you're going to have to reconcile yourself to doing things differently.

Maybe you can't go out to eat a couple of times a week if you're determined to save a down payment.

Maybe not knowing what you're spending on entertainment isn't getting you any closer to being ready for a new baby.

Maybe those new clothes, new movies, new tchotchkes for the house aren't actually making you happy.

Deciding what you're going to focus on, taking charge of your money and doing the detail will produce a happier outcome than just doing what you've always done.

You're not the only one that's going to have to get used to your new priorities. If you've always been the go-to girl for partying or if you've been the guy who buys a round for the table, that's going to change. And you need to tell people what's changing if you want to have any hope of sticking with a new program.

I'm all for getting together with friends for a lovely meal in a wonderful restaurant. Or maybe you just want to treat the kids to fish and chips, pizza or chicken nuggets and fries on a Friday night. Hey, it's your money and you get to do whatever you want with it. But if your new plan severely restricts your eating out, you're going to have to tell your peeps.

If you have friends who are unwilling to accept your new priorities, you'll have to manage those friendships so that you're not tempted to swap your good intentions for good feelings. You won't be very successful at breaking a shopping habit if you're always hanging out with the chick or dude who loves to shop. Find something else to do together: See a movie, take up an activity you can share, start a project you're both interested in. Sometimes you may have to duck and hide for a little while until you get your new patterns established. It's like trying to quit smoking; you may have to skirt your smoking friends for a while until you're out of the danger zone.

Don't hide your decision to become smart with your money. Celebrate the new you. Who knows whom else you might influence positively with your new attitude!

Next time, you might want to think twice before you pick up the cheque for the entire table. BOTH PHOTOS ISTOCK

FRIENDS

As for signalling to friends that things have changed, honesty is the best policy.

"I'm sorry, but I'm working on making myself financially stable and (whatever it is) just isn't going to work for me right now." Then offer an alternative. "Maybe instead we can take the kids for a picnic in the park." Or: "I'd love to go for that weekend away, but I'm building up my emergency fund right now, so I've got to stay focused. Why don't you come over for dinner when you get back and you can fill me in on all the news?" Or: "I know we haven't been out for a long time, but I'm determined next year is the year I spend a month in Italy and that means I'm saving every extra cent I have right now. I could come over to your place and we could ..." You get the point.

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IN BRIEF

George RR Martin releases chapter from new book

Yes, George RR Martin really is working on that next book. The Game of Thrones author released a chapter last week from his long-awaited sixth volume of the Song of Fire and Ice fantasy series, The Winds of Winter. The chapter appears on Martin's website and is told from the perspective of Sansa Stark, living under the name Alayne Stone. She is played on the HBO adaptation by Sophie Turner (pictured).

Martin has already cut back on personal appearances and decided against writing for the sixth season so he can concentrate on The Winds of Winter.

THE ASSOCIATED PRESS

A scene best enjoyed at home

URBAN ETIQUETTE

Repeat after me: Too sexy for his shirt? Too sexy for public transit

Ellen Vanstone

Dear Ellen,
This morning's subway commute was standing-room only. A guy near me was sitting next to a child and watching something very fleshy on his iPad. I am sure it wasn't porn, maybe Game of Thrones or Looking. I know people like to binge watch, but is the subway the place to catch up on shows like these?
Amber in Toronto

Dear Amber,

Judging by your first name — a major porn-star moniker since the '80s and still the fourth most popular according to the Interactive Adult Film Database — I'm going to assume you know whereof you speak when it comes to what constitutes onscreen erotica. In fact, if I may be so presumptuous, the idea of an old porn star watching new porn stars over the shoulder of porn-consuming commuters is downright charming — the kind of flagrantly tawdry spectacle that makes your city truly world-class, if not classy.

But is such inadvertently shared content suitable for children? No, Amber, it is unequivocally not. If we want our kids to learn the ins and outs of sexual practices in all their anatomical, permissive permutations, surely the little wretches can get it at school — in Ontario, for example, Premier Kathleen Wynne's new sex education curriculum will provide no end of fodder for their developing imaginations. They hardly need more of this content on the way to or from their tax-funded sex lessons in the classroom.

What's more, there's the question of overload. With sex scenes, public nudity and crass innuendo shoved down our throats at every turn, it's increasingly hard to make the real thing alluringly mysterious — not to mention dirty, which is an essential component of a satisfying sex life according to experts (well, according to Woody Allen who stipulated that sex is only dirty "if you're doing it right," though perhaps he's not the ideal role model to quote in this context).

The point is, nobody, of any age, needs to be subjected to "fleshy fare" on our transit systems.

Finally, I hope we don't need to add that indulging on public transit in the activity that usually accompanies porn-watching would breach every rule of etiquette known to personkind.

Seeing Game Of Thrones hunk Michiel Huisman stripping off was a highlight of last season.
CONTRIBUTED

PREMIERE

• Game of Thrones returns to HBO Canada on Sunday, April 12, at 9 p.m. ET.

Need advice? Email Ellen at life@metronews.ca

Building a Better Transit System

Spadina Avenue and College Street Intersection Construction

The TTC and City of Toronto will be working to improve rail transit, road, streetcar platform and sidewalk infrastructure at Spadina Avenue and College Street, which will require a full closure of the intersection.

We encourage you to continue to support local businesses during construction. Access to the Centre for Addiction and Mental Health, including the emergency department entrance, will be maintained at all times.

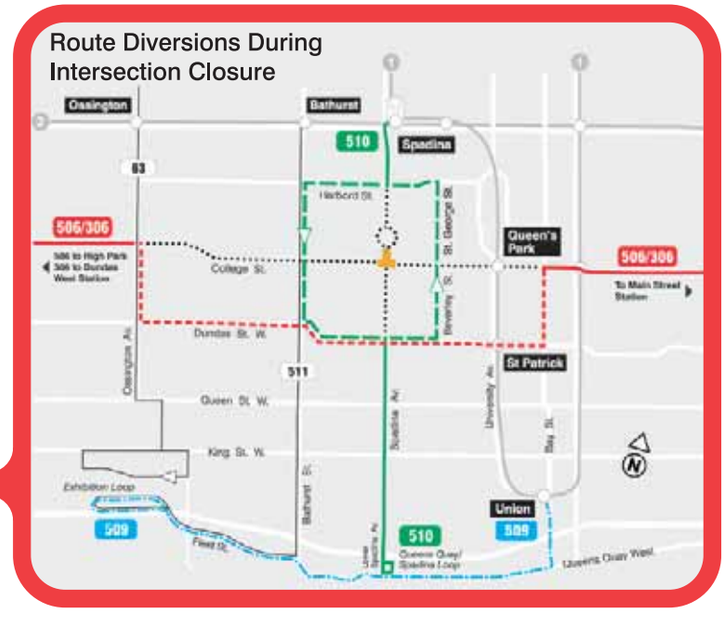
What will this mean for TTC customers?

March 29 to May 9, 2015:

- **510 Spadina:** buses will replace streetcars on this route and operate between Spadina Station and Queens Quay/Spadina Loop only (not to Union Station). Fare payment by PRESTO will not be available. Proof-of-Payment (POP) will continue to be in effect.
- **509 Harbourfront:** new streetcars will operate on this route and provide service on Queens Quay West between Exhibition Loop and Union Station. Fare payment by PRESTO will be available (new streetcars only). Proof-of-Payment (POP) will be in effect.

April 6 to April 27 (6 a.m.), 2015:
(timelines subject to change)

- Full intersection closure of Spadina Avenue and College Street.
- **506/306 Carlton** streetcars diverting: no service on College Street between Ossington Avenue and Bay Street.
- **510 Spadina** replacement buses diverting: no service on Spadina Avenue between Harbord Street and Dundas Street West.
- Expect longer than normal travel times.



Please visit ttc.ca for more information, and visit toronto.ca/constructioninfo for construction updates.

Thank you for your patience as we continue to improve transit in Toronto.

TORONTO TRANSIT COMMISSION

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OFFICE RELATIONS

When pushy co-workers try to run the whole show

Eleni Deacon

Sometimes it's OK to opt out. Things you can buy with $50: dinner for two, a new sweater, several trips to the movies. Things you should not have to buy with $50: the approval of your co-workers.

That's how much a reader who recently started a new job was asked to pitch in for a retirement gift for a colleague. In this case, it's best to calculate her response based on the firmness of the request. Did the donation seem optional?

If so, opting out is a reasonable response. It's unfair to expect new recruits to pony up gifts for outgoing vets. Instead of signing a cheque, she should just sign the card. Then spend $50 on new shoes for spring.

If the ask was, in fact, a demand, the best approach is to make the dismissal friendly but frank. This response would be justified: She just started at the company, and has no connection to the retiree. As long as she explains that in the future, she would be happy to pitch in for recipients with whom a relationship has been built. Candour may surprise some group-gift sticklers. But at least she gets to keep the cash.

Don't let co-workers determine how you spend your dough. ISTOCK

Don't buy into negativity. Between marathon hours, tough managers, and inboxes that just won't empty, there can be a lot to whine about at work. But when your colleagues' constant complaining becomes another problem worth complaining about, it's time for an attitude overhaul.

In milder cases, try ignoring the moaning. When Kelly claims she has too much work, don't commiserate — just focus on getting yours done. When Phil won't stop fussing about an extra-tight deadline, put in your headphones and listen to something fun. Don't indulge or acknowledge anyone else's bad mood. From now on, see no grumbling, hear no grumbling, speak no grumbling.

Or play optimism's advocate. Joanne says she's stressed — you say it's almost Friday. Mike says he can't handle your boss' demands — you tell him he's doing a great job. Counter each groan with a smile, and eventually your pep might catch on.

That said, extra-irritable grouches might need more aggressive rebuts to their pouts. When office gripes are too sour to deflect, be direct. Explain that negativity helps nothing: Not only is it annoying, it deflates everybody's productivity. Hope they listen to your plea and start acting more pleased. And if not, bribe them with candy.

Give your office life a spring cleaning

TIPS

The changing of the seasons is a great excuse to get organized

Lakshmi Gandhi
Metro in New York City

Ridding yourself of clutter can streamline your thinking. ISTOCK

Spring feels like it is finally here, which means that in addition to getting ready for the soon-to-be sunny weather, now is also the perfect time to spruce up your office life.

"During the spring, people seem to get happier and enjoy the sunshine," says Tamara Kano Myles, an organizational expert and the author of The Secret to Peak Productivity: A Simple Guide to Reaching Your Personal Best.

"We are also at the end of the first quarter (of the year), so you still have the next nine months to make strides toward your goals."

Wondering where to get started? Myles offers these suggestions:

Sort through your files. "Are you keeping a lot of outdated paperwork?" Myles asks. "Go through your files and get rid of what's no longer relevant."

She adds that this bit of cleaning may bring you luck in the future. "From a feng shui perspective, it's good to have empty space in your cabinet to attract new clients."

Rid yourself of clutter. "Most people who have piles of paper on their desks will try to sort them but will quickly lose track," Myles notes.

Instead, she suggests making use of her "3 to's" system for every document that comes your way. "I call them 'to do,' 'to file' and 'to toss.' If you start by making those three files, everything will move a lot more quickly."

Check your email less. "A lot of executives receive up to 300 emails a day, and they are just buried," Myles says.

"Don't use your inbox as a secondary to-do list. I suggest only accessing your email at specific times each day — for example, once in the morning, once at lunch, then mid-afternoon and at the end of the day."

Manage your time better. Are you spending a lot of time on things that aren't meaningful to you or your work? Myles says that it's time to assess your current projects and think about how you are balancing your personal life. "Spring is a good time to think about priorities and time management," says Myles. "Start planning everything you want to do and focus on your priorities."

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ADVANCING GENERICS

BODY LANGUAGE

Clues they're lying on the first date

Maryann Karinch is an expert at reading people. The body language and lie-detection specialist works with the Department of Homeland Security and others to provide trainings and workshops.

Wondering how you can start weeding out liars right away? Here are Karinch's suggestions:

"Ask yes or no questions," Karinch advises. "If he's repeating the question rather than answering or evading, you need to ask yourself, 'Why won't he answer?'"

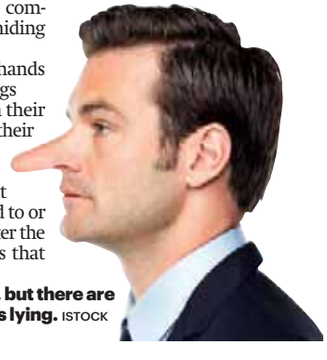
Watch their reactions. It's important to listen to your date's tone in addition to words. "If she seems measured and relaxed in her tone, you think, 'She seems pleasant,'" notes Karinch. "But then if, all of the sudden, she gets nervous and her hand goes to her neck when she starts talking about her family, you learn two things. One is that talking about her family makes her stressed and, two, that she touches her neck when she's stressed."

Look for nervous tics

Karinch says these are common gestures of people hiding something:

- Men: Rubbing their hands together, rubbing their legs
- Women: Playing with their earrings or hair, touching their necks

Finally, trust your instincts. Karinch notes that people who have been lied to or cheated on often realize after the fact that there were signs that they overlooked. "We have a lot of these skills already," Karinch notes. "What we are looking for is glitchy behaviour. A lot of times, we ignore signs and signals that would give us important behaviour clues." LAKSHMI GANDHI/ METRO IN NEW YORK CITY



It might not be this easy, but there are ways to tell if someone is lying. ISTOCK

KELLY CLARKSON

Anchor in deep ish over deep-dish dis

In one of the most elegant cities on Earth, France's Parliament moved last week to make it a crime to use anorexic models or encourage anorexia.

In the U.S., however, some still think it's OK to fat-shame women on national television. Yet another TV "personality" has decided to make an unsolicited comment on Kelly Clarkson's weight.

We realize a lot of stuff that comes out of Fox News is cynically designed to get reactions, like this one, but still. Chris Wallace decided to weigh in on the virtues and drawbacks of the singer — for some reason — offering, "Kelly Clarkson's got a lovely voice. She could stay off the deep-dish pizza for a while." Which is downright un-American, if you ask me.

Heck, Wallace even has his own turning against him, as Fox colleague Greta Van Susteren was so incensed she had to blog about it: "This 'guy snickering' about her weight is obnoxious," she wrote. "He should apologize."

In the meantime, I suddenly really, really want some deep-dish pizza.

NED EHRBAR/METRO IN HOLLYWOOD

TEEN ACTRESS

Bella Thorne says her sexiness is 'your problem'

Teen actress Bella Thorne isn't too worried about people finding her attractive even if she isn't actually a legal adult yet.

"People tell me I'm sexy and I'm like, 'Dawg, I'm just being me. If you find me sexy, that's your problem because you're looking at me like that,'" the 17-year-old tells Fox News. "I'm not trying to portray anything else than just me."

So ... you're the creep, OK?

NED EHRBAR/METRO

> **I'm not trying to portray anything else than just me.**
> Bella Thorne

BOX OFFICE

Furious 7 races past expectations with $143.6M opening weekend

The high-octane Furious 7 peeled out of the gates in its opening weekend, picking up a stunning US$143.6 million from 4,004 locations to easily top the domestic box office, according to Rentrak estimates Sunday.

The expectation-shattering sum is a studio and franchise best for the homegrown car-obsessed series, which has continued to grow over the past few films.

Furious 7 also unseats previous April record-holder Captain America: The Winter Soldier, which opened to US$95 million on the same weekend last year.

The mega-opening for Furious 7 was also at least partially tied to audience interest in star Paul Walker, who died in a car crash in November 2013 before the film was completed.

THE ASSOCIATED PRESS

9th

Furious 7 is the ninth-biggest U.S. theatrical opening of all time.

Unclassy spoiler could ruin Lifetime fun for all

DRAMA!

TV movie with Will Ferrell and Kristen Wiig now in limbo

The fate of what could be the best Lifetime TV movie ever, featuring Will Ferrell and Kristen Wiig, is unclear after the project's planned secrecy was spoiled.

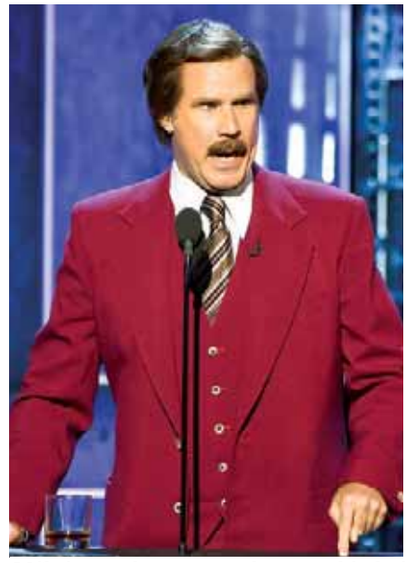
The former Saturday Night Live stars made the ominously titled A Deadly Adoption, playing a couple who befriend a pregnant woman in hopes of adopting her child. Lifetime's movies, frequently melodramas about life and love that appeal to the network's primarily female audience, are a genre onto themselves and often ripe for parody.

"We are disappointed that our secret project with Will and Kristen was leaked and the network is determining the fate of the movie," said Michael Feeney, spokesman for Lifetime's corporate parent, A&E Networks, on Friday.

A spokesman for the actors' talent agency had no immediate comment on Lifetime's plans.

After word of the project got out, Ferrell issued a statement that he and Wiig had decided it was "in the best interest for everyone to forego the project entirely." Lifetime had said the movie was due to air this summer.

Ferrell's statement may be an empty threat: Stars generally don't have the ability to kill an filmed project, except in the unusual circumstance where they fully financed the production, said Jonathan Handel, an entertainment attorney for the Hollywood firm TroyGould. Even then, they could face a breach of contract lawsuit if the film had already been leased to a television network. In most cases, TV movies are financed jointly by a production company and the network itself, Handel said. THE ASSOCIATED PRESS



A Lifetime spokesman says the network is deciding what to do with its Will Ferrell and Kristen Wiig movie, A Deadly Adoption, after the project was leaked. GETTY IMAGES

DATING

Rumour: Strahan sweet on Cookie

If you had any doubts that Empire star Taraji P. Henson had truly arrived, this should quash them. Cookie Lyon herself is now the subject of tabloid dating rumours — specifically about the amorous advances she's been fielding from Michael Strahan.

It all started when Henson stopped by Live with Kelly and Michael for a chat, according to Star magazine.

"Michael flirted openly with Taraji on camera, but he wasn't kidding. Off camera, he kept asking her, 'When can I take you out?'" a source says.

"Taraji initially brushed off his advances, but Mike told her that he was serious. The two ended up having an intimate dinner that night at the Mandarin Oriental Hotel ... and they have more dates on the books." Well, all right, then.

NED EHRBAR/METRO

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metro SPORTS
Cristiano Ronaldo scored five goals in Real Madrid's 9-1 rout of Granada
Monday, April 6, 2015

Dawn of Martin-mania

Dave Langford
For Metro

Russell Martin. Period. Paragraph. End of story.

But wait: the journey has not even begun.

The story of the Toronto Blue Jays this season is now and will be all year long Russell Martin.

The Toronto-born, Montreal-raised catcher signed a five-year, $82-million US contract in the off-season and the 2015 fortunes of the Blue Jays are attached squarely to his 32-year-old hips.

.402

Martin's on-base percentage in 2014, his best in nine big-league seasons.

Without playing a single game that counts for the playoff-starved Blue Jays, he is already the best catcher in the team's 38-year history.

That first game takes place today in New York, of all places, as the Blue Jays open against the Yankees on the second day of the 2015 Major League Baseball season.

Martin, who played the past two seasons in Pittsburgh and was once a Yankee and a Dodger, believes the Blue Jays will end their 22-year-playoff drought in 2015.

Before he has played a single game that counts for the Toronto Blue Jays, Russell Martin could already be the best catcher in the team's 38-year history. PAUL CHIASSON/THE CANADIAN PRESS

"I think the city of Toronto deserves it. I think Canada deserves it," Martin stated proudly in a weekend TV interview in Montreal, where the Blue Jays played their final two pre-season games.

Yes, the bilingual, charming Martin is exactly what the organization needs, a player who can carry the team on his back.

He can hit, he can field, he can catch, he can throw, he can lead. He has been in the playoffs seven times in the past nine seasons.

His smile is infectious, his words meaningful.

"It's starting to feel like a family here," Martin said only hours after watching his family idol, his father Russell Sr., play the U.S. and Canadian national anthems on his saxophone at Olympic Stadium.

Martin admitted in the same interview that one of the major reasons he signed with Toronto was the fact his father could watch him play 81 regular-season games in the Rogers Centre.

"Hopefully, he'll get to see some games in October as well," Martin said, making a not-so-subtle reference to the World Series.

And that, Toronto, is where and when the story will end.

TRIVIA

5 things you need to know about Russell Martin:

1. His full name is Russell Nathan Jeanson Coltrane Martin Jr. Jeanson is his mother's maiden name; Coltrane is John Coltrane, the U.S. jazz saxophonist.

2. He changed the name printed on his jersey for the 2009 season to J. Martin, in honour of his mother.

3. His father played the sax in the Montreal subway stations to raise money for his son's baseball "education."

4. Martin's contract is the second-biggest contract ever for the Blue Jays, trailing only the seven-year, $126-million deal given to outfielder Vernon Wells following the 2006 season.

5. With the two weekend games in Montreal, he took the subway and then walked to the park, rather than riding the team bus.

Russell Martin Sr.
THE CANADIAN PRESS

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CURLING SWEDEN SLIDE TO WORLD GLORY Sweden's Niklas Edin defeated Norway's Thomas Ulsrud 9-5 in the gold-medal game of the world men's curling championship on Sunday in Halifax for his second world title in three years. Canada, led by skip Pat Simmons, bounced back from an ugly semifinal loss to beat Finland's Aku Kauste 8-4 for bronze. ANDREW VAUGHAN/THE CANADIAN PRESS

IN BRIEF

Padres sneak in one last big trade before opener

The San Diego Padres pulled off another blockbuster trade on the eve of opening day, acquiring all-star closer Craig Kimbrel and outfielder Melvin Upton from the Atlanta Braves for outfielders Carlos Quentin and Cameron Maybin, plus two minor leaguers and a draft pick. THE ASSOCIATED PRESS

Defoe goal the difference as Sunderland top Newcastle

On a weekend of spectacular strikes in the Premier League, forward Jermain Defoe entered his own contender for goal of the season.

Defoe, who spent last season with Toronto FC, met a ball that dropped over his shoulder with a first-time, left-footed volley that dipped into the top corner from 22 metres, clinching Sunderland's 1-0 win over rival Newcastle. THE ASSOCIATED PRESS

TFC stall vs. Fire Saturday

Toronto FC is only four games into their season, yet their coach feels like his team has already given up.

A go-ahead goal by Jeff Larentowicz in the 68th minute on a free kick got the Chicago Fire past a 10-man TFC squad 3-2 on Saturday in Chicago.

"I feel as a collective group, we and also individually, are too lax and don't recognize the moments where we need to defend with more urgency," said Vanney. THE CANADIAN PRESS

Jermain Defoe GETTY IMAGES

Big matchup takes NCAA centre stage

U.S. NATIONAL CHAMPIONSHIP

Kaminsky-Okafor is game within game

Bo Ryan doesn't want to face Duke centre Jahlil Okafor.

"There's no way I could match up with him," joked Wisconsin's grey-haired coach. "He'd kill me."

Luckily, Ryan has seven-footer Frank Kaminsky on his side to bang elbows in the post with the Blue Devils' freshman phenom.

Kaminsky vs. Okafor: The game within the national championship game Monday night.

"It should be pretty interesting for purists of the game to watch two bigs like that go against one another," Ryan said Sunday.

It's fitting the championship is coming down to teams with the guys considered the top contenders for top player honours: Kaminsky won the AP's player of the year, Okafor finished a distant second.

The last time they faced each other, an 80-70 win by Duke in Madison on Dec. 3, Kaminsky had 17 points and nine rebounds, but was 5 of 12 from the field. Okafor had 13 points and six boards on 6 of 8 shooting.

So much has changed since then.

Start with the experienced Kaminsky, who presents a match-up nightmare. He's as comfortable in the post as he is spotting up from three. Press Wisconsin guards in the backcourt and Kaminsky can come up to relieve pressure with his ball-handling. Double-team Frank the Tank and he'll find the open shooter.

"Obviously he's the national player of the year, but he's as unique of a player in college as I've seen in a while," Duke associate head coach Jeff Capel said.

But Okafor said he and his Duke teammates are guarding against putting too much attention on one individual.

"We have to deal with the entire Wisconsin team," he said. "So it's going to be a collection of myself and my teammates working together on both ends of the floor."

NCAA Tournament opponents are shooting just 37 per cent against Duke, a big reason is the big guy in the paint. Okafor had two blocks and two steals to go with 18 points and six rebounds in Saturday's victory over Michigan State.

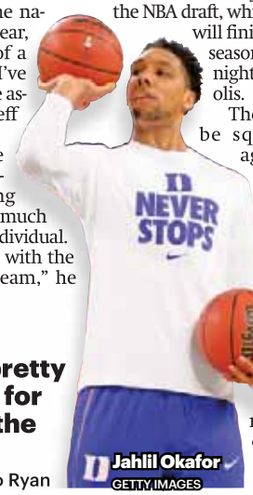
"Well, he's better. His defence is better," Wisconsin associate head coach Greg Gard said, comparing Okafor these days to the player he saw in December. "He is seasoned more and he's got more experience."

Whether it's this year or next, Okafor is the likely top pick in the NBA draft, while Kaminsky will finish his senior season on Monday night in Indianapolis.

The two could be squaring off against each other in the NBA this fall. But first, there's one last game between the two best college big men in the country. THE ASSOCIATED PRESS

Frank Kaminsky GETTY IMAGES

> **It should be pretty interesting for purists of the game**
> Badgers coach Bo Ryan



Jahlil Okafor GETTY IMAGES

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1. Bring pot of water to boil. Add gnocchi and boil just until gnocchi is tender, about 5 minutes.

2. Meanwhile puree parsley, feta, garlic, pepper, oil and water in a small food processor until smooth. Add more water if too thick.

3. Pour over top gnocchi and garnish with toasted almonds.

Ingredients
- 350 gm potato gnocchi – (about 1 ¾ cup uncooked)
- ¾ cup flat leaf parsley leaves
- 1/3 cup crumbled feta cheese
- 1 small garlic clove
- Dash of coarse black pepper
- 3 Tbsp olive oil
- 2 Tbsp water
- ¼ cup sliced toasted almonds

Nutrition per serving
- Calories 287
- Carbohydrates 31g
- Fibre 1.6g
- Protein 7.6g
- Fat 15.5g
- Saturated Fat 2.7g
- Cholesterol 3.3mg
- Sodium 554mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

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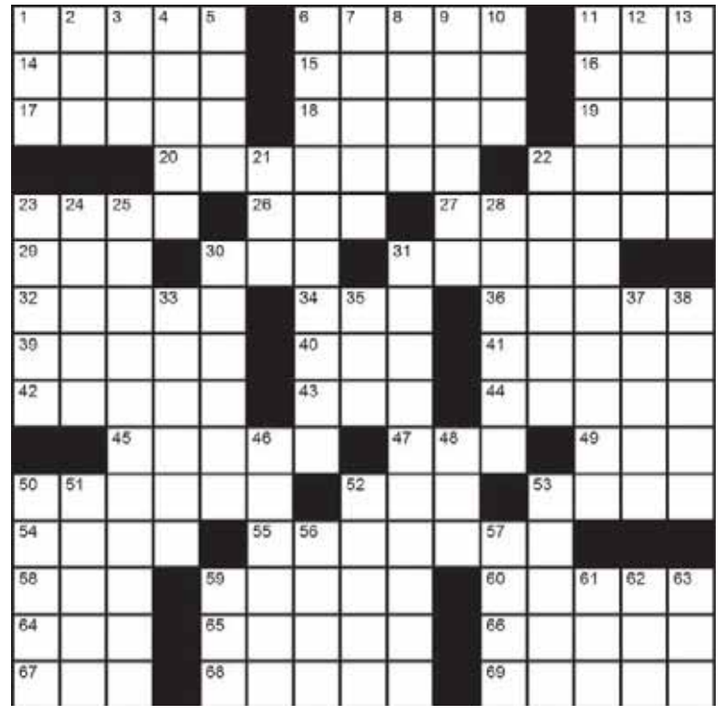

ACROSS
1. Springtime's chocolate star
6. Fisherman's count
11. US health-related agcy.
14. Prefix relating to 'Bones'
15. Additional
16. Cleaning cloth
17. "My guess would be...": 2 wds.
18. Sea swallows
19. Ms. Gabor
20. "Jesus Christ Superstar" (1973) character, _ Pilate
22. Modify
23. Thompson Twins tune
26. Long time
27. Flowery
29. Wood sorrel
30. Triumphed
31. Easter basket's fake fluff
32. Seed's outer layer of protection
34. Spiritual 'way'
36. Badlands formation
39. Ballet outfits
40. Year: Spanish
41. Grizzlies
42. Classical Music: Canadian _ Company
43. Polit. designation
44. Manner of speaking
45. Aussie actress Ms. Wilson
47. "_ chance!"
49. Pathway [abbr.]
50. Reveal, as a portrait painting
52. _ Lanka
53. Discounted
54. Wreck
55. Spiny ant-eating mammal that looks like a hedgehog
58. Beatles: "_ Follow the Sun"
59. Egg-shaped
60. Make amends
64. Beatles: "_ You Need Is Love"
65. Ms. Messing
66. Blood of ancient Greek gods
67. Gardening tool
68. Laud to the heavens
69. US state, _ Island

DOWN
1. Avril Lavigne's "Sk8er _"
2. Amer. currency
3. Days opp.
4. Types of tides
5. Retro toy
6. "Here Comes Peter _" (TV special of 1971)
7. Didn't go to the restaurant afterall: 2 wds.
8. Drive-_ (Fast food service)
9. Use the 'bleep' button as a TV show employee
10. Clock's li'l time segments
11. Judy Garland's co-star in "Easter Parade" (1948): 2 wds.
12. Lifeboat lowering crane
13. Quartz variety
21. Paleo opposite
22. Happened as a result
23. Game of chance for a chance to win millions
24. Get frosty: 2 wds.
25. Community in Manitoba that #6-Down would like!
28. _ Lake (Saskatchewan village northwest of Saskatoon)
30. Sushi condiment
31. Pre-Egg Hunt day holiday: 2 wds.
33. Stew dish
35. Ms. Jillian
37. Horse speeds
38. Namesakes of Carlisle Cullen's wife in 'Twilight' movies
46. Onze: English
48. Assistance
50. British band, _ Heep
51. Void, in Venice
52. Avoid duties
53. Gate fastener
56. Corny places
57. Depilatory brand
59. Lyric poem
61. "Well, now!"
62. Assenting sign
63. Earlier than now, in verse

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Your confidence is at an all-time high. Your capabilities may be immense but make sure you focus on aims that are worth investing your time and energy in.

Taurus April 21 - May 21
The less others know about your aims and ambitions this week the better, especially if you are working towards a goal that is likely to make others jealous if you succeed – and you will.

Gemini May 22 - June 21
Take the initiative in group and social activities over the next 24 hours. Not only will you will be immensely popular but you will also meet people who transform your outlook on life.

Cancer June 22 - July 23
If you want to impress employers and other important people then now is the time. Don't hide yourself away: show them — and the world in general — what you are capable of.

Leo July 24 - Aug. 23
With the Sun and Uranus very much on your side there is nothing you cannot do and nothing you cannot possess. But try not to be too domineering or you could make an enemy of someone that would make a more sensible friend.

Virgo Aug. 24 - Sept. 23
Look in the mirror and be honest about what you see. If you can do that today then you will put yourself at an advantage when dealing with people who are not so honest about their own faults and failings.

Libra Sept. 24 - Oct. 23
Don't do what other people expect you to do — do what appeals to you, for whatever reason. If you let partners and colleagues dictate terms they will, and you can be sure they won't be as favourable.

Scorpio Oct. 24 - Nov. 22
The planets warn you are working too hard and need to change your attitude to your chores, duties and responsibilities. The fact is you will be no good to anyone if you work yourself into the ground. Lighten up.

Sagittarius Nov. 23 - Dec. 21
Start something new and don't worry too much about planning ahead. Today's cosmic influences urge you to think and act as if you cannot possibly fail — and you won't.

Capricorn Dec. 22 - Jan. 20
You will have to deal with some annoying people today but getting angry won't make things any easier. Yes, of course, it's a pain when others act slowly or stupidly but not everyone can be as switched on as you.

Aquarius Jan. 21 - Feb. 19
You are in one of your generous moods at the moment, but make sure it is only those who deserve your largesse who get it. Hangers-on will happily enjoy themselves at your expense.

Pisces
Feb. 20 - March 20
You don't have to ask permission to make the changes you need but you do have to accept that not everyone will be happy with them.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	3		5		1		2	
		4				9		
8		5		4		6		7
6		1		3		4		2
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